**Summer Fruit and Veggie Challenge**

**Anytime**
- Eat fruit for dessert after a meal.
- Eat vegetable soup for lunch or dinner.
- Drink 4 oz. of 100% vegetable juice.
- Try one NEW fruit or veggie this week.
- Visit a farmer’s market or farmstand and buy at least one fruit and one veggie.

2 POINTS each

**At Home**
- Add fruits or veggies to a favorite recipe (Ex: add veggies to pasta or fruit to ice cream).
- Add veggies to your sandwich at lunch.
- Put cut up fruit in your refrigerator for quick snacks.
- Make a low-fat dip (Ex: hummus or black bean dip) and eat with raw veggies.
- Make a smoothie with frozen or fresh fruit for breakfast.

3 POINTS each

**At Work**
- Bring your lunch and include two servings of fruits or veggies.
- Add dried or fresh fruit to a salad.
- Bring a bag of chopped veggies for a snack (Ex: carrots, celery, or cherry tomatoes).
- Keep a snack-size container of dried or canned fruit in your desk or pocket for snacking.
- Choose a veggie as a side in the cafeteria.

4 POINTS each

**Eating Out**
- Order a dish that has a fruit topping (Ex: meat with mango salsa).
- Enjoy a side salad with your meal.
- Order your pizza with extra veggies.
- Substitute fruit for fries.
- Order a colorful salad for an entree instead of a sandwich.

5 POINTS each

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### How To Play:
- This 4-week challenge runs from June 24th - July 21st.
- For each goal you complete in the 4 categories, you earn the assigned number of points:
  - One “Anytime” goal = 2 Points
  - One “At Work” goal = 3 Points
  - One “At Home” goal = 4 Points
  - One “Eating Out” goal = 5 Points
- Put a “√” in the table below for each goal you complete. Track the total number of points you earn each week in the last column.
- After the four weeks are completed, total your points for the challenge in the green box at the bottom of the page.
- Each person who earns 25 points or more by the end of the challenge will be entered into a drawing to win a prize from a specific tier:
  - Tier 1 = 25 - 50 points ($10 value)
  - Tier 2 = 51 - 100 points ($20 value)
  - Tier 3 = 100+ points ($50 value)
- Fax completed board to 404-727-7500 (Attn: Dawn McMillian) or email to efsap@emory.edu no later than July 22nd.

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### Table:

<table>
<thead>
<tr>
<th>Week</th>
<th>Anytime (2pts)</th>
<th>At Home (3pts)</th>
<th>At Work (4pts)</th>
<th>Eating Out (5pts)</th>
<th>Weekly Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example</td>
<td>√ √ = 4</td>
<td>√ = 3</td>
<td></td>
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<td>4 + 3 + 0 + 5 = 12</td>
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**Faculty Staff Assistance Program**

[www.fsap.emory.edu](http://www.fsap.emory.edu)

404-727-WELL